Did you know

Autism spectrum disorder now affects more than 1 in 100 children and boys are nearly 5 times more likely than girls to be diagnosed with ASD.

Spotlight on ....





If you think your child is showing traits of Autism, and would like support or advice on the next steps, please contact the ALNCo (Mrs Miller) or your child's class teacher

Autism spectrum disorder (ASD) is a developmental disorder that is marked by two unusual kinds of behaviours: **deficits in communication and social skills**, and **restricted or repetitive behaviours**. Being autistic does not mean you have an illness or disease. It means your brain works in a different way from other people. It's something you're born with or first appears when you're very young. If you're autistic, you're autistic your whole life. Autism is not a medical condition with treatments or a "cure". But some people need support to help them with certain things.

Being autistic does not have to stop you having a good life. Like everyone, autistic people have things they're good at, as well as things they struggle with. Being autistic does not mean you can never make friends, have relationships or get a job. But you might need extra help with these things. Many more boys than girls are diagnosed on the autism spectrum. Researchers point to genetic differences. But clinicians and researchers have also come to realize that many "higher functioning" autistic girls are simply missed. They don't fit the stereotypes or their symptoms are misinterpreted as something else. And they may be better at hiding the signs, at least when they're young.

Autism is a spectrum. This means everybody with autism is different. Some autistic people need little or no support. Others may need help from a parent or carer every day. Nobody knows what causes autism, or if it has a cause. It can affect people in the same family. So it may sometimes be passed on to a child by their parents. Autism is not caused by: bad parenting, vaccines, such as the MMR vaccine, diet, or an infection you can spread to other people.

Anxiety affects a lot of autistic children and adults. It's often caused by not being able to make sense of things going on around them. Try to find out why your child's feeling anxious, speak slowly and clearly, keep language simple and clear, use gestures or pictures to help and allow time for your child to understand what you have said.

Autistic people may:

- **find it hard to communicate and interact with other people**
- **find it hard to understand how other people think or feel**
- **find things like bright lights or loud noises overwhelming, stressful or uncomfortable**
- **get anxious or upset about unfamiliar situations and social events**
- **take longer to understand information**
- **do or think the same things over and over**

Useful websites

https://www.nhs.uk/conditions/autism/autism-and-everyday-life/help-for-families/

https://autismwales.org/en/

https://sbuhb.nhs.wales/community-services/a-z-community-services/western-bay-integrated-autism-service/

https://www.autism.org.uk/advice-and-guidance/what-is-autism